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# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
March 2, 1938 (WEDNESDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

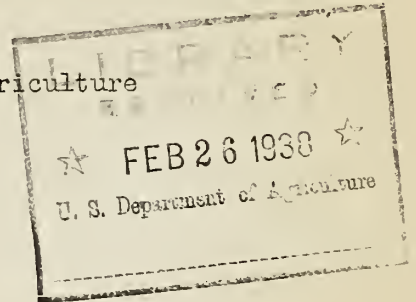
by

Bureau of Home Economics, U. S. Department of Agriculture

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TEA

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Last month in New York City a party of seven men met for tea. They brewed many kinds of tea — tested the odor and flavor of each one. Then, after a week of testing, they announced to the Secretary of Agriculture the results of their deliberation.

These seven men constitute the United States Tea Board. Each member is an expert with a fine sense of what makes for quality in tea. One is a representative of the federal government — the other six are from the tea trade. At the meeting last month the board selected ten types of tea as standards for all tea imported to the United States for the year beginning May, 1938.

The same federal act that sets up this tea board also provides for inspectors at the principal ports of entry for tea into this country. These inspectors test by taste and for purity, samples of all tea imports to see that they meet the standards set by the board.

Thus since 1897 has the American tea lover been protected from impure and unwholesome tea. Each year the tea board meets and sets up standards, making any changes necessary from year to year.

So effective has become this program of tea inspection that very little has to be rejected each year. For the fiscal year ending June 30, 1937, this amounted



to less than one-tenth of one percent of the total tea examined. The chief reason for this small percentage of rejected tea is that tea importers and shippers see to it that their tea meets government standards before sending it to the United States.

Last year the total tea imports of the United States were the second largest since 1929. This was more than ninety one and one-half million pounds of tea, classified under about forty different designations referring to varieties or geographical names.

### Three Tea Groups

Since all the tea in this country is imported, the shopper may rest assured that any tea she buys is pure and wholesome. It has passed the minimum government standards for cup quality and purity.

But the wise shopper will want tea that is something more. She'll want it to have flavor and odor appealing to her taste. About the only way to make sure of this is to try various kinds of tea.

All teas are classified into three general divisions -- the black or fully fermented; the green or unfermented; and the oolong or semi-fermented. Usually the tea drinkers prefers one of these kinds. There is a noticeable difference in the flavor and aroma of each.

Most popular of all in the United States are the black or fully-fermented teas. Last year these made up three-fourths of all our imports. Black tea has gone through a process of fermentation during its manufacture. During this process certain chemical changes take place that mellow the flavor of the tea and darken the leaves.

Most of our black teas come from Ceylon, India, Java, Sumatra, Formosa, China, and Japan.



### Tea Grades

Some black teas are graded according to leaf sizes. After picking, the leaves are separated into five grades -- Flowery Orange Pekoe, Orange Pekoe, Pekoe, Pekoe Souchong, and Souchong. Flowery Orange Pekoe is made up of the most tender leaves taken from the tip end of the tea plant. Souchong represents the coarsest leaf used for tea. These terms do not have any specific reference to the cup quality of tea, nor do they indicate that the scent or flavor of oranges is present.

Next to black teas, the green or unfermented teas are most numerous in the United States. These come to us chiefly from China and Japan. Green teas have a sharper, more astringent taste than black ones.

Oolong tea, or the semi-fermented type resembles a blend of black and green tea. It comes mostly from the island of Formosa and from China. Oolongs are in-betweens in flavor as well as color.

Many tea companies put up blends of tea adapted to the tastes of the groups they serve. These companies hire experts to keep the brands the same from year to year -- blending the tea each season to keep the combination of teas consistent.

### Variations In Teas

Tea should be kept in a dry, fairly cool atmosphere. The container should be of some material that does not absorb flavors and odors -- preferably of metal.

The composition of a cup of tea varies both with the tea and the way it is made. Tannin, caffeine, and the volatile oils are the most important constituents of tea.

Tannin gives to tea a brisk, pungent flavor. Caffeine provides mild stimulation. And many persons think that the volatile oils make the most difference in tea flavor. The "body" of a cup of tea depends upon the soluble materials that come out into the liquid as the tea steeps.





However the individual prefers his tea--strong or weak--flavored or unflavored--there are several general rules for its preparation. First the tea-pot must be scalded. Pots of earthenware, porcelain, or glass are generally used.

Water for the tea must be freshly drawn and brought to a boil. If the water has been boiling for long it gives tea a flat taste. If water is allowed to stand on leaves too long, tannin is extracted and the tea becomes bitter. Boiling of tea is undesirable because tannin is extracted and it destroys some of the tea's delicate flavor.

One teaspoonful of tea to a cup is the standard used by some persons. This makes the tea fairly strong. The exact amount of tea for each cup varies with the tea and personal preferences. Most tea is infused from three to five minutes. Longer than this extracts too much tannin.

Too definite rules for making tea can not be laid down. For the kind of tea--the exact amount for each cup--the proper length of infusion--all depend considerably on personal preferences. The real art of tea making consists of brewing the cup that suits the individual who drinks it.



# INFORMATION FOR THE PRESS

## United States Department of Agriculture

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WASHINGTON, D. C.

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THE MARKET BASKET Agriculture  
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by

Bureau of Home Economics, U. S. Department of Agriculture

### PLENTY OF EGGS FOR COOKING

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11/5/38

In early days, according to legend, man worshipped the egg and regarded it as a symbol of good fortune. Later on, with the domestication of the fowl, he began to value the egg less for its symbolism -- more for the pleasure and nourishment he got from eating it.

Today, the egg is rated by nutrition experts as one of the "protective foods". Research has shown that its fragile shell covers a combination of many of the nutrients necessary to safeguard the health of human beings.

Egg yolk is one of the first foods added to the infant's diet. Four to five eggs a week are a desirable inclusion in the food of young children. And adults find it to their advantage to eat two or three a week beside those used in the family cooking.

Because of their food value, eggs are provided in adequate family diets the year around. But during the spring months when egg supplies are heavy and prices are low many homemakers like to use them more generously--in omelets, souffles, sponge cakes, and other special egg concoctions.

Each year, egg production starts into an upswing just before spring is officially with us. And during the four months after that the hens rustle about in the open and lay as many eggs as they do in all the other months of the year put together. Since the beginning of the new season last November, egg supplies have been considerably above average and prices have been unusually low.



Specifically, the food value of an egg lies in its protein, its minerals and its vitamins. Eggs are very rich in iron, a mineral we often lack in our diets. Egg protein is of high quality--the efficient kind necessary in the structure of body tissues.

Eggs are also an excellent source of vitamin A and they contain vitamins B, G, and D. The vitamin D content varies considerably, from high to low, depending upon the food the hen eats. Eggs are a good source of calcium and are very rich in phosphorus.

For cooking, the protein is the most valuable of all these nutrients. Because of certain properties of the proteins in eggs, a cook may use them for thickening, for leavening, or for clarifying cloudy soups. She may use them to bind the materials together in croquettes or to form a permanent emulsion such as mayonnaise.

In cooking eggs and egg dishes temperature is most important. When the protein in egg is heated it coagulates or becomes firm. If this heating takes place slowly, evenly, at a moderate temperature, the eggs will be tender when they are done. But with high temperatures the protein in them shrinks and makes the eggs tough.

Good cooks have various ways of controlling the temperature. If they are making an omelet for instance, they may use a smooth, heavy pan over low heat.

A double boiler is necessary for other mixtures cooked on top the stove. If the mixture in the boiler is a soft custard the water in the lower part must be below rather than at the boiling point.

To keep a baked custard or a souffle at this constant temperature, put it on a rack in a pan of hot water. The over temperature is moderate.



Eggs cooked in the shell may be started in cold water and then brought to a temperature just below the boiling point. It takes about thirty minutes to hard-cook eggs at this temperature. But when the eggs are done their texture is uniform and the egg white next to the shell does not toughen.

If hard-cooked eggs are cooled immediately in water they may be removed from the shell more easily. And this also helps to prevent the formation of a dark green substance where the yolk and white of the egg come together.

One of the more unusual of many ways to serve hard-cooked eggs is a curry sauce. For this dish make a bed of hot, flaky cooked rice on a hot platter. Arrange quartered, hard-cooked eggs over this. Then over eggs and rice pour a thick white sauce that has been seasoned with chopped green pepper, chopped onion, chopped celery, Tabasco sauce, and powdered curry.

Poached eggs are dropped into salted, boiling water. But the temperature is reduced immediately so that the water just simmers. The salt in the water makes the eggs "set" more quickly.

Eggs Benedict are glorified poached eggs. For these, toast slices of bread or split English muffins. On each piece of toast put a thin slice of cooked ham or crisp bacon. On top this place a poached egg. Cover with hot Hollandaise sauce and serve at once.

Following is a recipe for Hollandaise sauce that may be kept over and reheated. It is also good served over asparagus, broccoli, green cabbage, or other green spring vegetables.

#### Hollandaise Sauce

4 egg yolks	1/4 teaspoon salt
2 tablespoons lemon juice	Dash of cayenne
1/2 cup butter	1/4 cup boiling water

Divide the butter into three portions. Beat the egg yolks and lemon juice together. Add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, cayenne, and boiling water. Return to the double boiler, and stir until the sauce thickens.



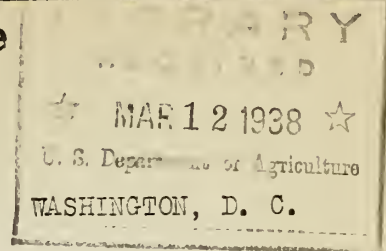




# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION  
MARCH 16, 1938 (WEDNESDAY)



### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### FOOD FROM THE SEA

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To most persons there is something adventurous and mysterious about the sea. It is so vast, so deep, so full of possibilities that men of every generation have been lured to explore it. And in the past they have been rewarded with many treasures -- galleons loaded with gold -- precious coral -- exquisite pearls.

But more valuable than all these spectacular finds are the sea foods that fishermen bring in each year. To the cook these are the real treasures. For she can transform them into such tasteful, nourishing dishes as broiled halibut steak, salmon salad, oyster stew, or shrimp cocktail.

These products of the sea are among our most perishable foods. And usually they are consumed hundreds of miles from where they are caught. Consequently, they always present a special problem in distribution.

For years the shopper went her wary way selecting fish the best she could -- trusting in her own ability to judge its quality. But now her task is easier. Both improved methods of preserving and government inspection have come to help her.

Many state and municipal governments have their own inspectors who watch shipments of fresh sea food -- see that fish are preserved under sanitary conditions -- that oyster beds are clean and healthful. The Federal Government watches food that goes into interstate commerce to detect any that is impure or unwholesome.



And in the past three years the Federal Government has gone even further in its inspection of canned shrimp. Last year, every step in the canning of over one million standard cases of shrimp was supervised by representatives of the government.

#### Consumer Protection

Those million cases represented over nine-tenths of the largest pack of shrimp ever put up. And each can of those million cases bears a label reading "Production Supervised by U. S. Food and Drug Administration".

This label is also the canner's assurance that his canned shrimp will safely pass through interstate commerce and not be found unsatisfactory. Since the shrimp canners have had this inspection their product has increased considerably in popularity.

This complete Federal supervision was made available by the Sea Food Amendment to the Federal Food and Drug Act. The sea food amendment makes the inspection service available to the packer of any sea food willing to pay for it. For the past two years, through an appropriation by Congress, the Government has shared this expense with the canner. So far only the shrimp canners have made use of it.

Other Federal Government protection to the consumer is confined to foods that enter interstate commerce. As far as possible inspectors detect food that may be adulterated or unwholesome. They see that cans of food are labelled properly, inspect canneries for sanitary conditions.

#### A Trailer Laboratory

In the case of anything so perishable as sea food the more quickly inspection can be carried out the better. Last year, for this reason, the Federal Government inspectors set up a laboratory in a trailer. This spring, the in-



spectors in their travelling laboratory are already visiting the scene of crab packing along the southern coast of the United States. There they are checking up on the sanitary condition of the crab packing plants.

If the condition of the plants seems a bit questionable the inspectors make tests of the crab meat being packed to see if it is clean and wholesome. If it isn't fit for consumption then they may set the machinery of Federal seizure in motion in time to do some good.

However, in spite of the growing government protection it is still up to the shopper to see that she gets value received for her money. She can do much to help herself by keeping her eyes open and reading labels intelligently.

By far greater quantities of salmon are canned than of any other fish. And the label on a can of salmon usually tells pretty accurately just what is inside the can. Always there is a statement of quantity. And usually there is given the species name of the salmon which amounts to a statement of quality.

#### Five Kinds of Salmon

There are five kinds of salmon varying considerably in price, color, and flavor. All are wholesome and nutritious. But some have a deeper color, a firmer flesh, and a richer flavor.

Chinook is the largest of all the salmon tribe. It is highest in price and very rich in oil. Sometimes it is called King salmon. Next in quality and price comes red salmon. Then comes Coho or Silver salmon. This latter is not very abundant.

Pink salmon is by far the most plentiful on the market. It may vary considerably in color and is sometimes called Humpback salmon. Chum salmon or Keta salmon is the most inexpensive grade.

Statements on a label such as "Alaska" or "Columbia River" salmon have no special significance since they only tell where the salmon was caught. Cans simply labelled "salmon" may be considered to be of one of the lower grades.





### Tuna Fish and Sardines

Tuna fish and sardines are the two next most popular canned fish. Tuna fish are canned in this country almost exclusively in southern California. There last year was put up the largest amount of tuna fish ever packed.

There are three kinds of tuna fish on the market. White meat tuna is scarce and expensive. Light meat tuna is the standard market product. Cans labelled "Tonno" mean that the tuna fish has been put up Italian style by packing it in olive oil.

Sardines are small fish of several species. Most purchasers don't care whether or not they are getting any special species, but are more concerned with the way the sardines have been packed. The label states whether olive oil, salad oil, tomato, or mustard sauce has been used.

There are many other salt and fresh water fish available in grocery stores and fish markets throughout the country and sold fresh or preserved. In the main their food value lies in the fact that they are a good source of efficient protein. Salt water fish and shellfish are our most dependable sources of iodine in the diet and oysters are an excellent source of iron.

### Vitamins In Sea Food

Research to find vitamin content has not been done for all the many kinds of fish. However, it is known that sardines, salmon, and herring are good sources of vitamin D. Salmon is also a good source of vitamin A. Oysters are good for both vitamins A and B, and fish roe contains both these vitamins.

A dish especially attractive for a luncheon is a salmon and potato puff. This may be baked in ramekins, custard cups, or a large casserole. To make it, use a 1-pound can of salmon, remembering to use the oil because of its vitamin content. Flake the salmon with a fork and remove the bones. Add to this a small portion of butter in which a little chopped parsley and chopped celery have been cooked for a few minutes.

Combine the salmon with 2 cups of seasoned mashed potatoes, the beaten yolks of 3 eggs, and a little minced onion, lemon juice, tabasco sauce, and salt. Beat the mixture until it is very light. Fold in well-beaten whites of eggs. Pile lightly into a greased baking dish. Bake in a moderate oven until the fluff is set in the center and lightly browned.





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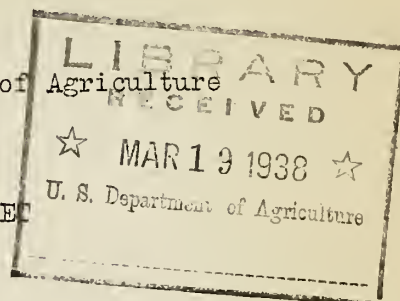
by

Bureau of Home Economics, U. S. Department of Agriculture

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### INCLUDE IRON-RICH FOODS IN THE DIET

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Heroines in old-time books were wan and languid. They fainted at opportune moments and were indisposed much of the time. It seemed to be generally understood that to be robustly healthy was unladylike. Today's heroine, on the other hand, is vital and vivacious -- interesting for her charm rather than her symptoms.

Today, persons who are always ailing aren't ordinarily content to accept the fact that they are constantly under par physically. They take steps to find what is wrong --consult a physician and check up on their diets.

Every day, nutritionists, physicians, and other scientists are finding more and more about the relation between diet and health. Others are translating these findings into non-scientific language making it useful to diet planners the country over.

Already we know much about the beginnings and ways to control many diseases caused by diet deficiencies. And research workers are making progress in understanding the effect of diet upon resistance to disease. They are learning how food influences the rate of our growth, body structure, general vitality, our efficiency, and how long we live.

Recently Dr. Hazel K. Stiebeling of the Bureau of Home Economics pointed out that good nutrition throughout life markedly affects the well-being and social usefulness of an individual.

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Said Doctor Stiebeling, "Food is the stuff out of which sound and efficient bodies are built for lifetime use, and upon which their daily upkeep and activity depend. Lack of food or a poor choice of diets means a wastage of human resources. But a program of human conservation finds more inspiration and challenge in the knowledge that with a superior diet we may raise our health from a level that we accept as average to a definitely superior level."

Doctor Stiebeling further pointed out that dietary deficiencies can result in "human erosion". That is, the body actually becomes depleted and tends to depreciate with inadequate diets. She stated that at present science recognizes many chemical substances as essential to the nutrition of man.

Some of these nutrients are important because they furnish us fuel for activity. Others furnish materials for building or renewing body tissues. Some help to regulate body processes.

Some nutrients the body needs in great quantities -- others in only minute amounts. Some are abundant in our food -- others scarce. But if we get an inadequate supply of any of them our body suffers. If this lack is serious enough it results in what Doctor Stiebeling terms "human erosion".

Nutritionists have known for a long time that one of the most important of all these nutrients is iron. Iron is needed in every cell in the body and is particularly important in the blood stream. It is an essential part of hemoglobin -- the substance that makes red blood cells.

It is hemoglobin that carries oxygen to the organs and tissues and carries away the waste product, carbon dioxide. For this purpose our bodies need a supply of iron -- only a very small amount in terms of weight and volume.

Since iron is so important nutritionally everyone should get a regular, generous supply of it as food. Children and expectant mothers need more in comparison to body weight than do other persons.



For years it has been known that many American diets are low in iron. There are many individuals who are listless, pale, and have little appetite -- in fact show many of the physical characteristics of the old-time story book heroines -- because their diets have been lacking in iron.

To keep any member of the family from getting into this anemic condition that results from lack of iron in food, it is well to check up occasionally on the diet. Iron appears only in very small quantities in foods, so it is desirable to provide several that are rich in iron each day.

Rich sources of iron are eggs, lean meats, green leafy vegetables, whole grain cereals, and legumes. Milk, which we rely on for so many of our other protective nutrients, is not a good source of iron.

Meat organs are richer in iron than are the muscular tissues. It is well known that liver is a rich source of iron. But heart, kidney, and brains are valuable for the same reason. Pork, beef, lamb liver are just as valuable sources of iron as is the more expensive veal liver. The lean muscle of beef, veal, pork, lamb, and the dark meat of poultry are also very good.

Eggs are one of our best sources of iron. Egg yolk is especially high compared with other foods and it contains enough to make the whole egg rate "rich". This is the time of year when eggs are most abundant and lowest in price.

At this time of the year, too, the wild "greens" popular in many sections of the country are becoming plentiful and spinach is abundant and inexpensive. These green, leafy vegetables are rich in iron -- in fact, the thinner and greener the leaf, the richer it is. Turnip greens, kale, and collards, widely used in the South have about the same merit as sources of iron as do beet tops, Swiss chard, and spinach which are more popular in the North.

The green outer leaves of cabbage and head lettuce are far richer in iron than the pale inner leaves. And for this same reason green leaf lettuce outranks bleached head lettuce.





Among the most economical sources of iron are the whole grain flours and cereals. The less highly a grain is milled or refined the more iron it contains. This is one reason that it is advisable to buy more whole grain than refined cereals when there is little money to be spent for food.

Dried beans are also very economical sources of iron. Also ranking in the "economical" class are molasses, sorghum, and cane sirups. When they are used in considerable amounts, as they are in many parts of the country, they make an important contribution to the iron in the diet.

Dried fruits, particularly apricots, peaches, currants and dates are rich sources of iron. Other good sources are broccoli, green beans, asparagus, oysters, and unblanched nuts.

Iron is one of the "big three" of the minerals that we must be sure to get from our food because it is one of the minerals that we are most likely to lack. The other two are calcium and phosphorus. Diet planners watch diets for calcium as closely as they do for iron — since calcium deficiency is another fault of many American diets.

But phosphorus, although just as important as iron and calcium, doesn't raise such a problem. For if a diet includes plenty of these two, it usually will also include plenty of phosphorus. Phosphorus occurs in many of the foods rich in iron and calcium and in other foods that are deficient in both of them.





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## United States Department of Agriculture

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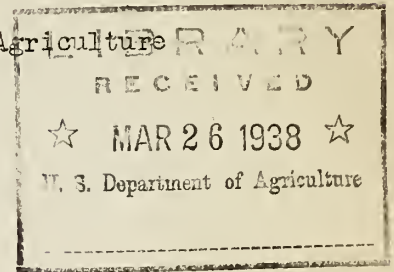
WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

SPONGE CAKES GOOD  
SPRINGTIME DESSERTS



On many a mealtime occasion it's a cake that holds the center of the stage. All eyes are upon the bride as she ceremoniously cuts the first piece of her wedding cake. And it's a thrill in the life of any youngster to huff and puff out the candles on his own birthday cake while a party of his young friends looks on.

But no matter how important the occasion, a cake is never regarded as just something to look at. To be completely satisfactory it must be good to eat -- with a tender crumb and fine, even grain.

Making a topnotch devil's food or an airy angel food is a matter of following the rules worked out for each particular kind of cake. These rules differ with the ingredients. And, according to their ingredients, cakes are of two general classes -- those with fat and those without fat.

Cakes without fat are commonly called sponge cakes. In them eggs supply the liquid and serve as a means of adding air for leavening. Angel foods, plain sponge cakes, sunshine cakes -- all belong to the sponge cake family, and they vary chiefly in the proportion of egg whites and yolks they contain.

These cakes, with their delicate airy texture are ideal springtime desserts. And since hens choose spring to lay more eggs than any other time of



year, many a homemaker makes the most of the situation by serving her family sponge cakes or spongecake variations at many spring meals.

Because of their special texture, these cakes require more careful mixing and baking than do cakes with fat. In order to get a big, fine-grained sponge cake, have the eggs at room temperature. Then the whites will whip up more quickly to a greater volume than they do when they are used immediately from the refrigerator.

See to it, also, that there is no bit of egg yolk in the white to be beaten and that no fat is on the egg beater. If any kind of fat gets into the white, it will be impossible to get the stiff foam necessary for a sponge cake. And measure eggs by amount rather than by number. The number of eggs it takes to make a cupful will vary considerably with the size of each one.

Since the air beaten into the egg white leavens this kind of cake, all the mixing is done gently and quickly in order not to lose any of this air. And when the mixing is through, the cake is baked immediately so that the air has no chance to escape before it does its part in making the cake light.

Much of the success of an angel food depends on the treatment of the egg whites -- beating them to the right stage before combining them with the other ingredients. Most cooks prefer to use a rotary egg beater for this. It gives a foam that is finer, although slightly less in volume, than does a flat egg beater.

The meringue method of mixing an angel food seems to give the best results. In this, the salt is put in with the egg whites at the start. Then after the eggs have been beaten until they are frothy the cream of tartar is added. Both the salt and the acid cream of tartar help keep the foam stable -- that is, keep it from going back to its natural watery state as it stands. And the cream of tartar helps to make the cake more tender, greater in volume, and whiter.



Beat the egg whites with the cream of tartar until they form into soft, rounded peaks when the beater is removed. The whites are glossy, moist, and still somewhat foamy. Beating the whites beyond this stage will make the cake coarse-grained.

At this point, fold in half of the sugar. This addition of the sugar also helps to make the egg foam stronger so that less air is lost during the rest of the mixing. Then fold in the flour, thoroughly mixed with the rest of the sugar, with a gentle, folding motion.

After the flour and sugar are completely folded into the mixture, bake the cake immediately, preferably in a tube pan. The oven should be ready at a temperature of about 325 degrees Fahrenheit. This temperature gives the interior a chance to set before the outside shrinks and becomes tough.

In sunshine cakes and plain sponge cakes where egg yolks are also used, the method of combining is somewhat different. For these, beat the yolks separately, until they are thick and lemon-colored. Then gradually add half the sugar and flavoring and beat them in thoroughly.

Beat the egg whites and fold in the sugar to make a meringue just as in angel food. Then fold the yolk mixture into the whites, and fold the flour gently into the combined white and yolk mixtures. Pour into an ungreased baking pan and put into an oven of about 325 degrees Fahrenheit.

To remove either angel food or sponge cake from the pan, invert them first to cool. Then, before they are entirely cold, take them out.

There are several ways to vary basic angel food and plain sponge cake recipes. One simple variation is a cocoa sponge or cocoa angel food. Replace one-fourth cup of flour in the recipe by one-fourth cup of cocoa. Sift the cocoa with the flour.





In a plain sponge cake recipe it is possible to substitute liquid and baking powder for one or two of the eggs. Two tablespoons of milk or water and one-half teaspoon of baking powder may be substituted for each egg omitted from the recipe. Sift the baking powder with the flour and add the liquid before <sup>ing</sup> folding the egg whites into the batter. With this substitution the cake may be baked at a slightly higher temperature -- about 340 degrees Fahrenheit.

Both angel food and plain sponge cakes are good desserts in themselves. But often cooks use them as a base for other desserts -- combine them with fruits and sauces -- make them into ice box cakes.

Cake and ice cream is an old-time favorite. But a new angle is ice cream served atop a piece of angel food -- or between two slices of sponge cake as an ice cream sandwich.

A similar dish is a piece of angel food with a chilled soft custard served over it. A decorative puff of whipped cream tops this off.

Cocoanut squares make a special dainty for a spring tea or party. Roll squares of angel food in a butter frosting. Then roll them in shredded cocoanut. Or this may be varied by rolling the frosted pieces of cake in toasted, chopped nuts or chopped candied cherries.

Many other similar variations may be devised by the imaginative cook. Some like the flavor of the sponge cake better if it is lightly toasted. Others have special ways in which they combine sponge or angel food cakes to make use of fruits in season and the family's favorite sauces.

Following is a basic recipe for plain sponge cake:

#### PLAIN SPONGE CAKE

1 cup sifted soft-wheat flour	2 tablespoons lemon juice
1 cup (4 or 5 eggs)	1 teaspoon lemon rind, grated
1 cup sugar	1/2 teaspoon salt

Sift the flour three times. Beat the egg yolks until thick and lemon-colored; gradually add half the sugar, beating thoroughly, and then add the lemon juice and rind. Beat until thick. Beat the egg whites and salt until they start to peak but will still flow. Fold in the remainder of the sugar to make a meringue. Pour the yolk mixture over the whites and fold it into them gently. Then fold in the flour. Pour into an ungreased pan and bake in a slow oven (about 325 degrees Fahrenheit) for from 50 to 60 minutes.

